

Hello Lovely,

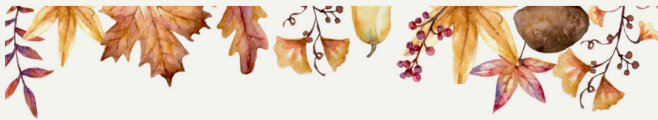
Thank you for downloading my Mindful Eating Message! I hope it helps make your holiday extra wonderful.

I am actually including 2 copies for you. One is full page and one is pocket size.

Print page 1 to cut out the small version or print page 2 for the full size.

I created this with love for myself, and love for you. I hope you use it to feel loved from the inside out.

Wishing You All the Best,
Laura from Lalymom.com



A Mindful Eating Message for Thanksgiving

Today as I sit down for a Thanksgiving meal, I will slow down and really give thanks.

I am thankful for this meal before me.

I am thankful for each bite on my plate.

I am thankful that I have the choice to eat each bite as I go, and to decide when I am done.

I am thankful for the colors I see on my plate and will take time to notice each one.

I am thankful for the aromas I smell today and will take time to savor them to remind me of this day.

I am thankful for the flavors and textures I get to enjoy today and will relish each one as I eat.

I am thankful for the sounds I hear as I eat, from crunching and chewing, to oohing and ahing.

This meal is full of nourishment. It was prepared with love and I am worthy of that love.

Before I eat, I take this moment to release any negative feelings and just feel gratitude through my entire body. I have much to be thankful for, including myself.

*Happy Thanksgiving! With Love,
Laura from Lalymom
LALYMOM.COM*





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